

CANS Bulletin

July 2018



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

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The Grapevine—A Note From Cheriee

We are at the point of the summer and our office is busy as ever with the last rounds of Child and Adult Care Food Program and Summer Food Service Program trainings wrapping up. The School Nutrition Program has hosted some procurement and administrative review trainings in addition to hosting the Institute of Child Nutrition (ICN) for School Orientation and Financial Management.

Summer feeding is going strong in South Dakota there are free summer feeding sites across the state in over 100 different locations. We even have two mobile feeding sites, that use trucks to bring the food out to the communities! Everyone should let families know there is this wonderful opportunity for children to receive a free and nutritious meal that does not have any enrollment or income requirements. These sites are across the state, so even if you are traveling or visiting family check it out!

Any child that shows up and is under the age of 18 can get a free meal! To find a site near you simply text: "Summer Meals" to 97779 or click on <https://www.fns.usda.gov/summerfoodrocks> enter your address, city, and state to find a map of locations with summer feeding sites.

The School Nutrition Association of South Dakota State Conference is coming up July 25 and 26 in Watertown. We have several staff members attending to participate in the training sessions and discussion panel. We hope to see some of you there!

Finally, I wanted to wish everyone a Happy Independence Day! This holiday reminds me of family reunions and big picnics filled with my grandmothers cooking before settling onto blankets with my cousins to watch the Independence Day presentation and firework show. These days, my celebrations are a little smaller and have a few more thoughts about the meaning of Independence Day. I feel that Nelson Mandela said it very well, "for to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." Thank you for making a positive impact in this State with the work you do to overcome hunger.

Cheriee Watterson

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South Dakota Sponsor Spotlight!

Is your school or agency is doing anything unique and interesting in your programs that you would like to share!? Do you want to be featured in our South Dakota Sponsor Spotlight segment!? Submit any pictures along with a summary of the exciting events that you're doing to DOE.SchoolLunch@state.sd.us.

Vermillion School District Summer Feeding



Vermillion School District is making summer meals fun! Their staff dressed up as various different animals for one day of their Summer Food Service Program!

Rapid City Area Schools Summer Feeding Food Truck

Rapid City Area School District was highlighted in their local newspaper for their awesome new food truck! They are utilizing this food truck for their Summer Food Service Program. Check out the article featuring their food truck in the [Rapid City Journal](#)!

Check in With CANS Monthly Conference Call

SY 18-19 Dates

Mark your calendar!! Check in with CANS is a monthly conference call scheduled for the first Thursday each month. This call is open to all agencies on the School Nutrition Programs. Each call will start with a report from CANS with hot topics, new guidance or program clarifications, and reminders of upcoming dates. There will also be time scheduled during each call for participants to ask questions.

Check in with CANS is scheduled on the first Thursday of each month starting at **2:30 pm CT / 1:30 pm MT**. Calls are scheduled for:

- September 6th
- October 4th
- November 1st
- December 6th
- January 3rd
- February 7th
- March 7th
- April 4th
- May 2nd
- June 6th (*tentative*)

To join the conference call, **dial 1-866-410-8397 and enter code: 7587919653**. If you have trouble joining the conference call, or have additional questions, call the CANS office at 605-773-3413. Feel free to send in questions ahead of the call to DOE.SchoolLunch@state.sd.us please reference "Conference Call Question" in the subject line.

Shortly before the call, an agenda will be posted to the CANS website main page, <http://doe.sd.gov/cans/index.aspx>, under *Check in With CANS*. Shortly after the call is complete, the call minutes will replace the agenda with additional information. Please mark your calendar for these dates and join us!

School Nutrition Association State Conference

The School Nutrition Association (SNA) of SD has released the State conference registration link and details! The conference will be held July 24-26th in Watertown. State conference is a great way for school nutrition staff to stay up to date on the current information in school nutrition as well as to meet staff from other districts and hear their ideas and experiences. [Click here for registration information and details about the various conference sessions.](#) As a reminder, this conference is not hosted by CANS. For any questions regarding registration or conference details, please contact Liz Marso (Elizabeth.Marso@k12.sd.us or (605) 295-3081).

Nonprogram Foods Resources and Reminders

As a reminder, nonprogram foods should be evaluated annually at your district using the [USDA Nonprogram Food Revenue Tool](#). Many people look at this tool and don't even know where to start or what to do to get the information for the tool. If that's you, you're in luck! The CANS office has created some resources for you to utilize to help you determine what numbers you should enter in to the USDA Nonprogram Food Revenue Tool. This tool will be a part of the school year 2018-19 iCAN application as a checklist item.

One of the resources we have created is known as the [Nonprogram Food Reference Period Tool](#). This can be filled out using a week of information and will tell you at the end what numbers to enter in to the USDA Nonprogram Food Revenue Tool. When looking at it, you may ask yourself, who should gather this information!? Typically we see that business managers and food service directors work together to complete this tool along with the USDA Nonprogram Food Revenue Tool.

We have also recorded a [Nonprogram Foods webinar](#) that talks about the basis of nonprogram foods and the requirements and gives a tutorial of how to use the Nonprogram Food Reference Period Tool.

iMATCH User Manual

CANS has developed an iMATCH user manual for commonly used functionality. The manual provides instruction on obtaining the direct certification list, direct certification notification letters, notification of new matches, considering potential matches, and more. Access the iMATCH User Manual by clicking [here](#).

View the [CANS-NSLP](#) webpage for additional resources.

Please feel free to contact the CANS office with any questions.

School Nutrition Programs iCAN Application Reminder

The SNP (School Nutrition Programs) iCAN application opened in early May and can be completed at any time. Since the application is web based you can work on it at your own pace. Overall, the application looks much the same as last year. There were some small changes and updates that were made this year. We recommend that you use the [iCAN SNP Agency Manual](#) when filling out your application to ensure you are following the proper sequence to avoid extra or lost work. We would like to see your application submitted by August 14, 2018. The final deadline for application submission is two weeks before the date you wish to submit a claim for reimbursement. For example, if you wish to submit a September claim on September 1, submit your application for approval on or before August 18th. If you have any questions about your iCAN application do not hesitate to contact our office. You can email DOE.SchoolLunch@state.sd.us or call 605-773-3413.

Eligibility Manual for School Meals 2018-2019

USDA Food and Nutrition Service will not release an updated Eligibility Manual for School Meals for School Year 2018-2019. State agencies and Program operators can continue to use the [2017 Edition of the Eligibility Manual](#) for the upcoming School Year. Any new policies will be posted on the USDA [School Meals Policy Page](#). The Eligibility Manual provides comprehensive information on Federal requirements, policies, and procedures, and is intended to help State agencies and Program operators accurately determine, certify, and verify children's eligibility for free and reduced-price school meals and free milk.

Income Eligibility Guidelines Updated for SY18-19

The Income Eligibility Guidelines, also known as the 'income grid' for determining free and reduced price meal benefits, have been released for SY18-19, and have been posted to the CANS webpage. See the guidelines [here](#). The Public Release for SY18-19 has also been updated on the CANS webpage, and can be found [here](#).

Both the Income Eligibility Guidelines and Public Release have also been posted to the Download Forms section of the iCAN system. After logging into iCAN, simply click Applications, and then click Download Forms.

Please feel free to contact the CANS office with any questions.

Pick It! Try It! Like It!

Sweet Corn is July's *Pick it! Try it! Like it!* Sweet corn should be stored in a plastic bag in the refrigerator. Storing sweet corn in a warm climate decreases the sweetness. Sweet corn is usually boiled, steamed, grilled, roasted or microwaved. Avoid salting during cooking as it toughens the kernels. Sweet corn is high in starch, the complex carbohydrate found in fruits and vegetables. Starch gives food a moist, gel-like texture. The body can easily digest most starches into energy that is used by every cell in the body. For a fact sheet, recipe card, and sampling instructions for Boiled Corn on the cob with Dried Herb Butter visit <http://igrow.org/up/resources/04-5038-2013.pdf>.



Pick it! Try it! Like it!

Public Value

Helping children develop healthy habits is an important part of maintaining a healthy weight, preventing overweight and obesity, and minimizing chronic disease risk in the long-term. School-wide programs provide a fun way to engage school students and staff in chronic disease prevention efforts.

The Issue

Thirty percent of South Dakota adults, ages 18 and over, are reported as obese and 32% of South Dakota youth and adolescents, ages 5-19 are reported as overweight or obese. This data captures the importance of engaging children in healthy behaviors early-on, as current health behaviors are determinants of future health outcomes.

What We've Done

At the beginning of the 2017-2018 school year, SDSU Extension engaged Crow Creek Tribal School to participate in the Smarter Lunchrooms Team Nutrition grant program. This national "movement" uses behavioral economics in school lunchrooms to make the healthy food choice the easy choice. The Food Service Director gathered a team of students and lunchroom staff to implement the program. The team decided to focus on improving the overall environment of the lunchroom to make it a place where students and staff enjoy spending mealtime. They purchased red paint and vinyl decals of their Chieftains logo to brighten up the lunchroom. They held a high school-wide vote where students voted on a name for their lunchroom – "Chieftain's Chow House" won by a landslide and students and staff enjoy using their new name! The Smarter Lunchroom team also purchased a new menu board to display the daily menu, a "fruit tower" to display fruit in a visually appealing way, healthy signs to place above their salad bar, new water coolers with fruit diffusers to encourage students to drink more water, and two smoothie machines to start serving smoothies for breakfast on Fridays starting in the 2018-2019 school year. Lastly, at the end of the year, the Smarter Lunchrooms team shared their success with the community at a Parent Involvement Night.



Left: Food Service Director and members of lunchroom team next to new menu board



Right: Fruit tower displays fruit in a visually appealing way and draws student's eyes to this healthy choice

Impact

- The Crow Creek Tribal School lunchroom, now the "Chieftain's Chow House," went from a Smarter Lunchrooms score of 18 in September to a score of 35 at the end of April!
- The lunchroom staff has observed that more students are drinking water from the new fruit-diffuser water coolers
- Students and staff have told lunchroom staff that they enjoy "Taco Tuesday," which is displayed with one of the healthy message signs above the salad bar
- The Food Service Director and Smarter Lunchrooms team has been innovative in their Smarter Lunchrooms efforts, and they are already planning new ways to increase healthy eating in their school for next year

For more information contact:

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Building the Future with CACFP

Mealttime Memos for Child Care

The June 2018 issue of *Mealttime Memo for Child Care*, the monthly newsletter that includes menus, recipes, and activities related to child care, is now online at <https://theicn.org/icn-resources-a-z/mealttime-memo/>. The June 2018 issue covers the topic of Safety in Child Care.

Summer Food Service Program Operating— Locating Sites

The Summer Food Service Program Applications were approved and sites opened in May or June and a few operate only in July. South Dakota has 49 sponsors and 102 sites which is an increase in sites operating in 2017. When we combine the National School Lunch Program Seamless Summer Option locations in we have 123 locations feeding children this summer.

The Summer Food website <http://doe.sd.gov/cans/sfsp.aspx> has multiple tips and helps to assist you as you promote summer food programs throughout the state.

Directly below the Summer Food Service Program page title is the link to the approved 'Free Summer Feeding Sites' in South Dakota in a spreadsheet and the National link to all in feeding sites in the USA including South Dakota in a mapping tool called 'USDA Summer Meal Site Finder'.

The gray title bar *Documents* has links to the USDA SFSP Flyer which is a poster with the summer food hotline, website, and text information which all schools need to use to advertise the summer feeding locations. The open sites that any child 18 or younger can go to and receive a free meal for both Summer Food Service Program and Seamless Summer Option are listed.

The gray title bar *SFSP Sponsor Newsletter* – has the newsletter for Sponsors uploaded. The newsletter gives agencies and schools on the Summer Food Service Program some guidance and tips for webinars and resources to assist them as they plan and conduct their feeding through the year.

The gray title bar *Useful Links* has links to the Summer Meals Toolkit and theTeam Nutrition link to take you to the Summer Moves items along with Summer Food – USDA that has a wealth of information.

Encourage all children to participate in the summer meals feeding sites in your communities! If you have questions on summer feeding, please contact Julie McCord at julie.mccord@state.sd.us.

Action for Healthy Kids

Webinar Series for SY 2018-19

One of our partner organizations in the Child Nutrition Programs, **Action for Healthy Kids**, recently released their fall webinars schedule for the upcoming school year. These webinars will cover a wide range of topics to improve the health and wellness of your school: improving your local Wellness Policy, ideas for Smart Snacks in schools, breakfast in the classroom, messaging to parents, and more!

You can register for one or all of the following webinars by going to this website:

<http://www.actionforhealthykids.org/events/webinars> and selecting the webinars you wish to attend or clicking on the individual webinar listed below. Please note, these webinars are not hosted by CANS.

[MI: Building Healthy Communities](#)

Wednesday, September 12, 2018 | 60 minutes | 9:00 AM (CT), 8:00 AM (MT)

If you want to learn more about Michigan's Building Healthy Communities: Step Up for School Wellness Program, including program overview, goals, requirements, eligibility, timeline, and how to customize the program for your school and apply, please join this informative webinar!

[Game On: Your One-Stop Shop for School Health](#)

Wednesday, September 26, 2018 | 45 minutes | 2:00 PM (CT), 1:00 PM (MT)

It's the beginning of a new school year, which means it's time to get your Game On! The Action for Healthy Kids Game On program is a no-cost, step-by-step online guide that serves as your one-stop shop for school health. Game On provides all the information and resources you need to build a healthy school. Join this webinar to learn how to use Game On to build a strong school wellness program this year. School staff, parents, health professionals and other community members are encouraged to attend.

[Take Action to Improve Health with the School Health Index](#)

Thursday, October 11, 2018 | 45 minutes | 2:00 PM (CT), 1:00 PM (MT)

How does your school determine what to prioritize around student health and wellness? Action for Healthy Kids recommends using the School Health Index to assess your school's health environment to determine what you're doing well and where you could improve. Attend this webinar to learn about the School Health Index, how to use the Action for Healthy Kids school portal to complete the assessment online and how to make the most of the summary reports generated by our technology to improve school and student health. School and district staff, parents and community members are encouraged to attend this webinar.

Updated Policies

Some policies have multiple numbers. That means those apply to multiple programs.

Child & Adult Care Food Program

No new policies have been issued for Child & Adult Care Food Program. Current policies can be found at <http://www.fns.usda.gov/cacfp/policy> (CACFP memos).

School Nutrition Programs (SP Memos)

Policies that apply to school operation and administration can be found at <http://www.fns.usda.gov/school-meals/policy>. **No** new policies have been issued since the last Bulletin.

Summer Food Service Program

No new policies have been issued for Summer Food Service Program. Policies can be found at <http://www.fns.usda.gov/sfsp/policy>.

Food Distribution

No new policies have been issued for food distribution programs since the last bulletin. Food Distribution policies can be found at <http://www.fns.usda.gov/fdd/policy>.

Contact CANS

For any question, comments, or concerns

Email: DOE.SchoolLunch@state.sd.us

Phone: (605) 773-3413

Fax: (605) 773-6846

This institution is an equal opportunity provider.

Professional Standards Reminder: Any learning or training you receive about any aspect of the School Nutrition Programs can be counted as training time towards the professional standards annual training requirement. Reading the bulletin each month does count towards training hours.

Please retain documentation to show what topics were trained. For example, agenda, topics, handbook, certificate, etc. And record training on a Tracking Tool – we suggest using the [SD Tracker Tool](#) posted on the CANS NSLP website.

To credit training hours for time spent reading the Nutrition Bulletin, you will need to keep track of the time you spent reading and determine the applicable training codes. Appropriate documentation for this would be a copy of the bulletin signed and dated with the amount of time written on it.